

## ***Important resources for mental health and coping through difficult times***

### **Mental Health Association in New Jersey**

Check out mental health resources at <https://www.mhanj.org/covid-19/>

### **Mental Health Association of Essex and Morris**

<https://www.mhaessexmorris.org/covid-19/>

### **NJ211**

If you would like to receive texts regarding updates and alerts as it relates to COVID-19, please text "NJCOVID" to 898-211.

This state website was created to answer questions about COVID-19.

<https://www.nj211.org/coronavirus-covid-19>

### **Conduent Healthy Communities Institute (HCI)**

Conduent Healthy Communities Institute (HCI) has launched [www.covid19atrisk.org](http://www.covid19atrisk.org), a publicly available website to help locate and assist populations that may be at risk of not having basic needs met due to COVID-19 stay-at-home orders.

### **North Jersey Health Collaborative**

Visit [www.njhealthmatters.org](http://www.njhealthmatters.org) for more information about our work. If you wish to be added to any of our County committee lists, please contact Shanice Johnson at [shanice@njhealthmatters.org](mailto:shanice@njhealthmatters.org)